



Fall 2007
Volume 2, Issue 3

What's On Tap?

The Chicago Social Drinking Project (CSDP)

The University of Chicago



Alcohol Response and Stress Hormones

Many participants have expressed interest in learning more about our study results.

One of our recent publications examined the link between alcohol consumption and the release of a stress hormone called cortisol. This hormone is released from the adrenal glands in response to a challenge (i.e., the "fight or flight" response). Alcohol drinking can increase levels of this hormone, but prior research has not examined whether one's drinking history may affect this alcohol-

induced cortisol response. We examined the saliva samples from the first 50 subjects enrolled in CSDP and found that the heaviest social drinkers showed little to no increases in cortisol while the lightest drinkers showed robust increases in cortisol, especially several hours after alcohol was ingested. These drinkers did not differ on



negative moods experienced during the session. Our conclusion was that different drinkers may respond quite differently to acute alcohol drinking, and cortisol may be an important biomarker of those who might be at risk for future heavy drinking.

King, A., Munisamy, G., de Wit, H., & Lin, S. (2006). Attenuated cortisol response to alcohol in heavy social drinkers. *International Journal of Psychopharmacology*, 59, 203-209.

New Projects on the Horizon

We are currently very active in examining the subjective questionnaire responses in all 190 CSDP subjects in the alcohol, stimulant, and sedative drug conditions.

We are also examining the "factor structure" of

several questionnaires. One of the main scales we use in the study was developed in 1993, but little research since then has validated the scale to a variety of substances, doses, and in various social drinker groups.

Finally, we are also examining if men and women differ in the relationship between alcohol drinking and smoking urges. We hope to have lots of new information to present to you in our next newsletter.

Upcoming: October 2007 Raffle

The Chicago Social Drinking Project will conduct its 5th Bi-Annual Raffle in October 2007. Past winners have received gift cards, coffee mugs, and CSDP pens. To be eligible for these lotteries, you must complete your An-

nual Follow-Up by the 15th of the month that it is due. Those subjects completing their Annual Follow-Up between April and September will have their names entered in the October raffle. Good luck to all!



Director's Note



In this 9th issue of "What's on Tap?" we highlight some of our progress in disseminating early findings from the study. We also provide information on current studies and on page 2, have a beer puzzle for those interested in testing their knowledge.

With autumn right around the corner, we also look forward to our 5th Bi-Annual Raffle.

A King PM

Andrea C. King, PhD
Principal Investigator

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Alcohol & Risk of Heart Attack

While men with high blood pressure have often been encouraged to stay away from alcohol, new research suggests that a drink or two a day may actually help lower their chances of suffering a heart attack. Researchers at the Harvard School of Public Health, Beth Israel Deaconess Medical Center, and Wageningen University in the Netherlands collected responses from 11,711 male health professionals from 1986 to 2002. Emerging data shows that men who had one or two drinks a day had lower rates of fatal and nonfatal heart attacks than those who had three or

more drinks a day. Joline Beulens, who led the study, summarizes: "This study indicates that if they [men with high blood pressure] drink alcohol in moderation, they may not need to change their drinking habits."

"A drink may help blood pressure risk"

Source: <http://www.cnn.com/2007/HEALTH/01/02/drinking.bloodpressure.reut/index.html>



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Concerned about your drinking or substance use or about that of a friend or family member?

The principal investigator, Andrea King, is available to speak with you on a confidential basis and provide suggestions, feedback, or referrals, if needed.

Dr. King's Direct Line: 773-702-6181



Puzzle Corner

Beer is the world's most popular beverage. Can you match the country to its favorite brand?



- | | |
|-----------------|-----------------|
| 1. Tusker | A. Jamaica |
| 2. Singha | B. South Africa |
| 3. Kingfisher | C. Ireland |
| 4. Castle Lager | D. Egypt |
| 5. Corona | E. Thailand |
| 6. Skol | F. Brazil |
| 7. Red Stripe | G. Mexico |
| 8. Bella | H. Kenya |
| 9. Guinness | I. Denmark |
| 10. Carlsberg | J. India |



Source: http://en.wikipedia.org/wiki/Beers_of_the_world

Answers: 1H, 2E, 3J, 4B, 5G, 6F, 7A, 8D, 9C, 10I